



***Vermont State Employees' Wellness Program
2023 Flu Immunizations for Vermont State Employees/Retirees***

1. [Who is and is not eligible to receive a flu shot at a state-sponsored employee clinic?](#)
2. [What information do I need to register?](#)
3. [How do I schedule an appointment?](#)
4. [Do you need my health / pharmacy insurance number?](#)
5. [What do I need to bring to my appointment?](#)
6. [Do I need to use leave or sick time to attend?](#)
7. [Is there a cost to me for the shot?](#)
8. [Will you accept walk-ins?](#)
9. [How do I cancel or reschedule my appointment date and/or time?](#)
10. [Is my information secure?](#)
11. [Does this vaccine have the mercury-based preservative called thimerosal?](#)
12. [What type of flu vaccine am I getting?](#)
13. [What other shots will be available at SOV-sponsored clinics in 2023?](#)
14. [Who is administering the vaccines?](#)
15. [Where else can I get a shot for myself or my family?](#)
16. [If I am over age 65, which flu shot should I get?](#)
17. [Where can I find more information?](#)

1. Who is and is not eligible?

- All active permanent, retired, and temporary VT state employees are eligible
- Employees of the VSEA, Arts Council, Historical Society and Sheriffs and State's Attorney are eligible
- Contracted and agency employees **who work at the VPCH only** are eligible
- **Not eligible:** teachers, spouses, dependents, agency employees, and contractors (other than VPCH)

2. What information do I need to register?

The required fields of information are as follows:

- Clinic Location, Date and Time
- Name (First and Last)
- Phone Number
- Email Address (Required for online registration. If you do not have an email address, please use: DHR.LiveWellVermont@vermont.gov)
- Address
- Sex as listed with your pharmacy insurance provider
- Date of Birth
- Employment Status: Active, Retired or Temporary (SOV), or Contractor with VPCH
- Employee ID # (Required for Active and SOV Temporary employees only. Everyone else, write in N/A.)
- Insurance Information (only required if you have Medicare or insurance NOT through the State)
 - If not insured through the State, please bring your pharmacy insurance card with you to your appointment.

3. How do I schedule an appointment?

Phone: If you do not have computer access, you can register by phone by calling:

- 1-855-Flu-Fite (358-3483) M-F: 8 AM – 4:30 PM

Online: Type the address www.kinneydrugs.com/livewellvermont into your online browser.

- Find the date and location of the clinic you'd like to attend
- Fill out the fields required (listed above)
- For the insurance question:
 - If you are retired and over age 65 and your primary insurance is Medicare, complete the Medicare section and fill in your Medicare number.
 - If you have Express Scripts and Blue Cross & Blue Shield of Vermont with State of VT as your employer, choose "Yes". You do not need to upload an image of your State's pharmacy insurance card or fill in any of the information from your card.
 - If you do not have Blue Cross Vermont with the State or Medicare, choose "No" and either upload an image of the front and back of your pharmacy insurance card or fill in the specific text fields with the information from your card.
- Choose whether you would like to receive a Covid Vaccine at the same time as your Flu Shot. A new booster is expected for the fall of 2023, and we hope to have them available for these clinics.
- Click "Complete Appointment". Once you complete your appointment, you will get a confirmation email which gives you links to our Wellness Program Flu webpage, where you will find the Influenza Vaccine Information Sheet (VIS), Clinic Directions and this FAQ. You can also change or cancel your appointment from this confirmation email.

- You can also add your appointment to your iCal, Outlook, or Google calendar after you complete your registration or from your confirmation email.

4. Do you need my health/pharmacy insurance number?

- **Yes, we will need your insurance number if you have 3rd party insurance**, such as Medicare, Tricare, CIGNA, MVP, Blue Cross & Blue Shield through another entity, etc., and all other relevant information to bill for the shot. Our vendor, Kinney Drugs, is a designated health provider and is approved to bill all insurance companies for vaccines.
- **No, we don't need your individual number** if you have Blue Cross & Blue Shield of Vermont through the State. Since the State is self-insured, we pay for all shots given at State of Vermont clinics to covered State employees and retirees through the medical plan.

5. What do I need to bring to my appointment?

- Anyone with health/pharmacy insurance other than Blue Cross & Blue Shield of Vermont through the State should bring their cards to the clinic.
- Please bring or wear a short-sleeve shirt for easier access to your upper arm.

6. Do I need to use leave or sick time to attend?

- No. Active and temporary employees can attend on paid "state work time." There will be no mileage reimbursement. Please coordinate with your supervisor/manager to attend.

7. Is there a cost to me for the shot?

- There are NO out-of-pocket expenses or co-pay for eligible participants. Your insurer will be billed by our vendor, Kinney Drugs, for eligible employees. If your insurance charges you a copay or deductible for the vaccine, please contact LiveWellVermont@vermont.gov or call 802-828-7308. Kinney will reverse the entire charge and the State will pay for your shot. The only exception is for Contracted or Agency staff at the VPCH, who will be responsible for any additional charges.

8. Will you accept walk-ins?

- Yes, but availability depends on the supply of vaccines we have on hand each day, and on the attendance at each clinic. We strongly advise that you guarantee your shot and expedite the process by pre-registering for a specific day and time.

9. How do I cancel or reschedule my appointment date and/or time?

- If you registered online, your confirmation email has a link for you to cancel or reschedule your appointment. You can also cancel or reschedule by phone through the registration number: 1-855-Flu-Fite (358-3483).

10. Is my information secure?

- All client information is protected under strict HIPAA privacy regulations and the website is SSL secured.

11. Does this vaccine have the mercury-based preservative called thimerosal?

- Yes. Multi-dose vials have a small amount of thimerosal to prevent contamination and growth of potentially harmful bacteria. We will have a limited supply of thimerosal preservative-free vaccine available for anyone who is allergic, pregnant, or breastfeeding. If thimerosal-free vaccine is not available, pregnant, and breastfeeding women can receive any of the other options per CDC

guidelines. The High-dose or Adjuvanted Quadrivalent vaccines for people ≥ 65 come as single dose and are thimerosal preservative -free.

12. What type of flu vaccine am I getting?

- General population: Quadrivalent flu vaccine (protects against 4 strains of flu)
- Anyone 65 years or older: Quadrivalent high-dose or adjuvanted influenza vaccines
- Pregnant and breastfeeding employees can get any of the vaccines available.
- Egg allergy: For anyone who has a severe allergy to eggs or egg products (worse than hives), we will have a limited supply of cell-based vaccines available.

13. What other shots will be available at SOV-sponsored clinics in 2023?

- **Covid:** We will also be offering the most up to date COVID booster, pending guidance by the CDC. There is no issue getting the two shots on the same day.

14. Who is administering the vaccines?

- VT Registered Pharmacists, Pharmacy Interns or Technicians who are employed and trained by Kinney Drugs will be administering all vaccines.

15. Where else can I get a shot for myself or my family?

- You and any family members under your plan can get flu shots at any pharmacy that accepts your State of Vermont Express Scripts insurance card (the State's pharmacy vendor). If it is not your regular pharmacy, be sure to bring your card with you! Check with the pharmacy first if you have children as they may need to be vaccinated at their doctor's office. You should contact them ahead to see about appointments and vaccine availability.
- You can contact your primary provider about getting a shot. The shot is 100% covered by your VT State health insurance. However, some providers charge for the administration of the shot. You should check ahead of any appointment.

16. If I am over age 65, should I be getting a high-dose flu shot?

- Human immune defenses become weaker with age, which places older people at greater risk of severe illness from influenza. Also, aging decreases the body's ability to produce a good immune response after getting an influenza vaccine. A higher dose of antigen in the vaccine will give older people a better immune response, and therefore, better protection against flu.
- High-Dose vaccine contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) as compared to regular flu shots (quadrivalent). The additional antigen is intended to create a stronger immune response (more antibody) in the person getting the vaccine and therefore, better protection against flu.
- An adjuvant is an ingredient of a vaccine that helps promote a better immune response. This is an option for people ≥ 65 .
- If you still have questions as to whether you should receive a High-dose or Adjuvanted vaccine, you should contact your primary provider. If there is a supply issue, you can also check with local pharmacies or your doctor's office as to availability. The most important thing is to get a shot, so we strongly suggest that you do not delay. Anything is better than nothing.
- **The CDC and its Advisory Committee recommends** the high-dose or adjuvant vaccine for people 65 and older. If those are not available, they do recommend getting a quadrivalent flu vaccine versus not getting vaccinated at all. CDC recommends flu vaccination as the first and most important step in protecting against the flu.

17. Where can I find more information?

- Visit our 2023 Flu Page at <https://humanresources.vermont.gov/benefits-wellness/wellness/LiveWell-Vermont-Programming> for directions and the 2023 Vaccine Information Sheet.
- Contact LiveWell Vermont State Employees Wellness Program at DHR.LiveWellVermont@vermont.gov or call 802-828-7308. You can also reach us by cell at 802-585-0813.
- For information on Flu Vaccines: Contact Vermont Department of Health (VDH) Immunization Program at 802-951-1234 or 800-464-4343 or visit <http://healthvermont.gov/hc/imm/index.aspx> or www.flu.gov.
- For info on COVID-19, visit the VDH's COVID webpages at: <https://www.healthvermont.gov/covid-19>.
- For questions about your specific health situation, please contact your primary care provider's office.